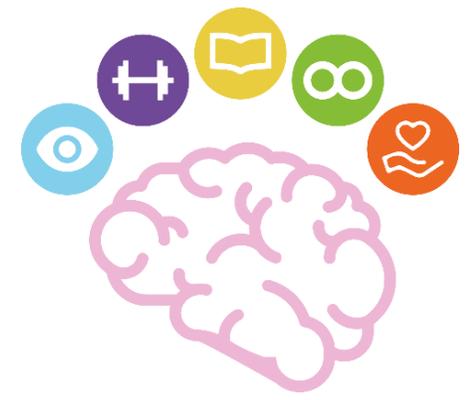




DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

**How can 'Being Active' in the morning help improve attention, motivation and overall learning?**



**Wellbeing**

# *How motivated do you feel to learn?*



Not at all

Very motivated - I am  
raring to go!

A horizontal black line spans the width of the page, serving as a scale. It is capped at both ends by short vertical black lines, creating a frame for a sticky note to be placed along the line.

**Write your name on a post-it note and stick it along the scale - how motivated are you currently feeling? Ready to learn or not quite woken up yet?**

# Sometimes it can be hard to get ourselves going in the morning!!!

Studies have shown that exercise can certainly improve learning:

- It optimizes your mind-set to **improve alertness, attention, and motivation**;
- It **prepares and encourages** nerve cells to bind to one another, which is the cellular basis for **logging in new information**;
- It spurs the **development of new nerve cells** from stem cells in the hippocampus.



**In short, not only does exercise help the brain get ready to learn but it actually makes retaining information easier.**

# Activities to do in the classroom to improve our wellbeing and prepare us for the day ahead

Task: Roll the dice – whatever number it lands on, complete the following activity for 60 seconds as a class.  
Dice: <https://g.co/kgs/i4i3eo>

1 - Chair squats



2 - Deep breathing (in through the nose, out through the mouth)



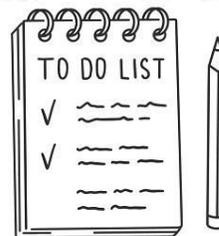
3 - Conversation with the person next to you (You need to give them 1 compliment, ask them what they had for breakfast and their favourite hobby)



4 - Chair yoga - select one of the following poses



5 - Tell the person next to you two things you want to achieve today



6 - Sitting down jogging (stay seated and pump your arms and legs like you are jogging)



# How did these activities make you feel?

**Talk to the person next to you:**

Did any of these activities help improve your mental wellbeing? How?

Did any of these activities help improve your physical wellbeing? How?

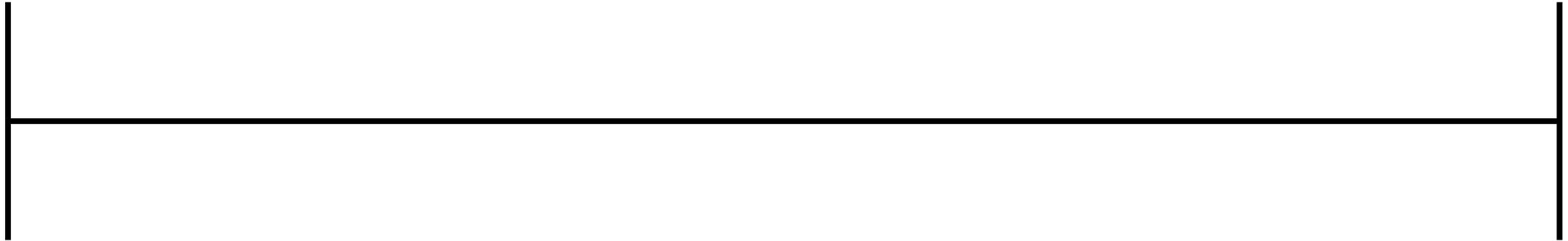
Can you think of other classroom exercises to help physical and mental wellbeing?

# *How motivated do you feel to learn?*



Not at all

Very motivated - I am  
raring to go!



**Now move your post-it note to reflect how motivated you are currently feeling. Have you moved positively along the scale? More ready to learn or still not quite woken up yet?**

# Where can you go for help?

**In school:** tutor, trusted adult, SSS,  
Report it button on website.

## Outside of school:

**Locally,** Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

**Nationally** Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

**Nationally,** Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

Arthur Terry  
Be Proud | Be Kind | Be Ready

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Students >  
**Wellbeing**

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

**Are you worried about something or someone?**

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

**Wellbeing**

- Exam Support
- Information and Support directory
- MINDFULNESS
- Parent support
- Student Support Services
- Virtual Wellbeing Board
- Weekly Wellbeing 2020
- Weekly Wellbeing 2021
- Working Healthily At Home